# Support your kids with these simple steps to good health

Eat at least 5 fruits and vegetables every day.

Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.

Get 1 hour or more of physical activity every day.

Drink fewer sugar-sweetened drinks. Try water and low-fat milk instead.



#### **Online Resources**

Meal plans & recommended serving sizes www.¦«<sup>22</sup>¶'myp¯¤".gov

Cost savings, simple family meal recipes www.extension.iastate.edu/foodsavings

Creative ways to eat more fruits & veggies www.fruitsandveggiesmorematters.org

Food Assistance Programs http://www.idph.state.ia.us/wic

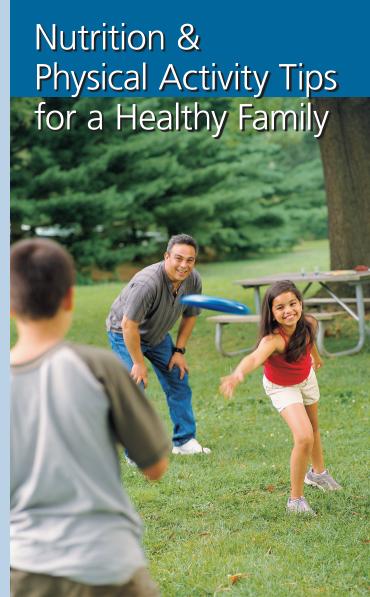
Healthy Programs at your local Y <a href="http://www.ymca.net/">http://www.ymca.net/</a>

Outdoor family activities in your community <a href="http://www.iowadnr.gov/">http://www.iowadnr.gov/</a>



**Provider Information:** 







## Having a healthy child is a family affair.

Health professionals around the United States recommend these six tips for a healthier, happier family.

#### 1. Eat breakfast daily

Creative breakfast ideas:

- dry cereal mixed with pretzel sticks, raisins or nuts in a baggie
- instant oatmeal sprinkled with cinnamon
- cheese cubes with fresh grapes
- banana and peanut butter wrapped in a tortilla
- 100% whole wheat toast or mini bagel with low-fat milk
- yogurt topped with granola and sliced fruit for a yogurt parfait

## 2. Limit eating at restaurants,

particularly fast-food restaurants to one time per week. If you do go out to eat:

> • Order smaller portions or share your meal to save on cost and calories.

- Order water with lemon or low-fat milk instead of soda, sweetened tea or lemonade.
- Skip the "all you can eat" chips or breadsticks served before your meal.
- Look for heart healthy indicators beside entrees on the menus.

## 3. Encourage family meals at home

- Aim for eating breakfast, lunch or dinner together 5 to 6 times per week.
- Involve your children in planning meals and preparing food.
- Tune into your family and turn off the TV, cell phone and other electronic devices.

Cook

together.

Eat

together.

Talk



## Make each meal time family time

## 4. Limit portion sizes

- Let your child serve themselves; you decide what, when, and where they eat, let them decide how much.
- Listen to your body. Stop eating when you are no longer hungry. Don't eat until you're full.
- Let kids learn by serving themselves. Teach them to take small amounts first. Tell them they can have more if they're still hungry.

- **5. Eat a variety** of fruits, vegetables, whole grains, and low-fat dairy products
  - When your kids come home from school hungry, have fruits and vegetables ready for them to eat.
  - Let your kids be "produce pickers." Help them pick fruits and vegetables at the grocery store or farmer's market.
  - Patience works better than pressure. Offer your child healthy new foods. It may take 10-15 tries before they will eat that food. That's normal.
  - Help your kids grow strong. Serve fat free or low-fat milk at meals.

## 6. Be physically active with your children.

- Swap TV time for activity time.
- Go on family walks after dinner.
- Play "tag" with your kids.
- Turn TV commercials into fitness breaks. Use this time to do as many jumping jacks, sit-ups,
  - push-ups, or squats as you can.
- Turn on the radio and have a dance party.



